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GROWN-UP GRILLED CHEESE

BRING LUNCH TO LIFE WITH AN UPDATED CLASSIC PAGE 15

N.B. hotel's Ebola scare

Hours-long lockdown after woman who had travelled to Africa falls ill PAGE 8

Mayor makes first pledge

Watson promises to invest $2M more in social housing as campaigning begins PAGE 4

BIEBER FREE

LIVE 88·5 FM

Lawyer Leslie Robertson posted this photo to Twitter showing two men wearing "F--k safe space" T-shirts near Carleton University on Sunday. COURTESY LESLIE ROBERTSON

Shirts worn near Carleton raise ire

Feeling 'unsafe.'
Propagating rape culture, or protesting a school policy?

JOE LOFARO
joe.lofaro@metronews.ca

A photo of two men wearing black, sleeveless shirts with the words "F–k safe space" near Carleton University has sparked online denunciations and accusations of "rape culture."

But some people say the shirts are actually a protest against a "safe space" policy forbidding swearing by frosh week facilitators.

Leslie Robertson, a civil litigation lawyer in Ottawa, tweeted a photo of the two unidentified men Sunday afternoon. At press time it had been retweeted by more than 100 people.

In a followup tweet, Robertson said "there were many people, including women, wearing these shirts."

The university issued a statement Sunday evening saying it was investigating the incident, which happened "off-campus."

"Carleton University is investigating an off-campus gathering Sunday involving Carleton students who wore T-shirts with inappropriate wording," the statement read.

In an interview, Robertson told Metro she saw several people wearing the shirts while walking to a farmers' market across the street from the university on Bronson Avenue. Seeing both men and women wear the shirts in broad daylight made her feel unsafe, she said.

She said she was surprised to see the shirts since lately there has been lots of discussions about rape culture and homophobia on campuses.

"If I'm living in a place where people feel it's completely appropriate to have those outward messages, like, on their T-shirts, then, you know, we're not living in a safe place," said Robertson. "I don't really know (what) the intentions of the shirts are, but it's a reminder that there are people walking around in the same places as I'm in who don't care to respect other women, or whoever it is, that it was intended to."

Luke Bradley (@LukeBrizazzle) wrote on Twitter, "Those "Fuck Safe Space" shirts have no business at my school."

Julie Lalonde, head of anti-harassment group Hollaback! Ottawa, also denounced the message the shirts send to students. "I spent 7 years at @Carleton_U fighting this #RapeCulture garbage," she wrote on Twitter.

After Robertson's tweet, some people tweeted that the shirts were actually in response to a policy for volunteers to abstain from swearing during frosh-related events.

Zach Petendra (@ZachPetendra) tweeted "@giuseppelo they're adults. And forcing them to not swear does not prepare them for the real world in any wear (sic)."

Folarin Odunayo, president of the Carleton University Students Association, could not be immediately reached for comment.

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News worth sharing.

FIVE THINGS YOU NEED TO KNOW TODAY

1
MURDER CASE
A preliminary hearing is scheduled to begin today for Marc Leduc. Leduc, 57, is charged with first-degree murder in the 2011 slaying of Leeanne Lawson and the 2008 killing of Pamela Kosmack.

2
417 LANES OPEN
All Highway 417 lanes are to reopen today at the Lees Avenue bridge after being closed most of the weekend. Over the weekend the bridge was replaced using special rapid replacement equipment.

3
14 MORE YEARS OF ROB FORD?
Rob Ford vowed he will be mayor of Toronto for 14 more years. Voters will decide on Oct. 27 whether he'll even get another four.

4
BACHELOR SURPRISE
Host Chris Harrison gives the remaining bachelors and bachelorettes a shocking ultimatum on the season finale of Bachelor in Paradise tonight on City.

5
ALLIANCE WITH HAMAS
The president of the Palestinian unity government has threatened to dissolve his alliance with Hamas if the group does not give up the Gaza Strip.

SMEN 1

Ottawa Idol winner, 15, ready to take on the world

'Watch out, here I come.' Singer Bernice Reyes immigrated to Canada from the Philippines in 2012

MIKE CARROCCETTO
ottawa@metronews.ca

She's only been in Canada for two years.

But on Saturday, Bernice Reyes was crowned 2014 Ottawa Idol champion on stage at the Algonquin Commons Theatre.

"I am so excited and so happy," said the 15-year-old Reyes, mere moments after receiving her Idol trophy.

Hours earlier as she sat with 20 supporters, while judges deliberated on the top six, she displayed little anxiety.

Reyes wasn't nervous at all, she said. But then again, the Orleans resident has been singing since she was five.

Each of the finalists ended up singing four songs, and Reyes sang all of them flawlessly. She also brought a suitcase full of clothes, bringing not just a different sound, but a different look to each of her performances.

"You came to win," said one of the judges to Reyes, after a perfect rendition of I Will Always Love You, by Whitney Houston.

"I just think she's fantastic, she doesn't miss a note," said Eldon Fox, the founder and director of Ottawa Idol since its humble beginnings as Kiwanis Idol back in 2004. Fox says holding Saturday's finals in a theatre gives all the contestants "a thrill, something they'll remember for the rest of their lives."

Boom 99.7 radio announcer Dylan Black, also a judge, said he found the talent "exceptional."

"I didn't think I would find it as good as it is. These young singers all have unbelievable potential," added Black.

Reyes says she loves "this country." With her win, she might have opened the door to seeing lots more of it.

"I love music, I can sing forever," Reyes added. "Watch out, here I come."

Ottawa Idol winner Bernice Reyes, 15, of Orleans, holds the singing contest trophy on stage at the Algonquin Commons Theatre in Ottawa, Saturday. Reyes was the unanimous selection as the top singer in this year's contest.
MIKE CARROCCETTO/FOR METRO

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Mayor Jim Watson made his first campaign promise Sunday, a pledge to boost spending on social housing. JOE LOFARO/METRO

Mayor promises $2M boost for social housing

Campaign trail. Funds would come from upload agreement with the province, he says

JOE LOFARO
joe.lofaro@metronews.ca

Mayor Jim Watson says he'll boost the city's annual spending on social housing to $16 million from the current $14 million if he's re-elected.

In his first campaign announcement Watson said Sunday half of the $64 million that would be invested over the next four years would be split three ways. Half would be directed to rent supplements, 25 per cent would go to community supports that keep residents from becoming homeless, and the remaining 25 per cent would go to repairing existing social housing units. The additional $2 million would come from the upload agreement with the province, Watson said.

The city has made progress in reducing the number of people who stay in emergency shelters, but their average length of stay did increase in 2013 to 98 days from 88 the year before.

Watson also said that he will reduce the number of residents who require emergency shelter by 15 per cent over the next five years. Doing so would help 1,000 people avoid staying in shelters in the first place, he said.

"We have a situation today where a homeless person will gather up all of their possessions in a garbage bag or knapsack, check into an emergency overnight shelter, they will stay overnight, they will check out in the morning and they will repeat the cycle time and time again often as many as 100 days in a year," said Watson. "That is not a long-term solution."

Mother of two killed in Ride the Rideau cycling event

The Royal has identified the female cyclist killed in Saturday's Ride the Rideau event as 40-year-old Laurie Strano.

She was a mother of two kids who was set to marry in November, according to media reports. She was the director of quality, patient safety and risk management at The Royal Ottawa Health Care Group.

Strano was hit by a dump truck while cycling in the event in the south Ottawa suburb of Manotick on Saturday morning. She was pronounced dead at the scene.

In a statement, The Royal said staff were devastated by the news and described her as "a wonderful, bright and dedicated member of our family at The Royal."

"This is a horrific tragedy and a loss to everyone," said George Weber, president and CEO of The Royal. "She will be deeply missed. Our thoughts and prayers are with her family."

Laurie Strano, 40, was the director of quality, patient safety and risk management at The Royal Ottawa Health Care Group. FACEBOOK.COM

One bystander said people were fainting from the sight of the fatal collision, and paramedics said they were attending to people at the scene who were affected by the crash.

Police said Saturday it was too early in the investigation to determine what happened and they were still trying to piece together the events that led to the collision.

Organizers of the annual Ride the Rideau bicycling event cancelled the rest of the event following the fatality. More than 900 cyclists participated this year.

"Our thoughts are with the family of the cyclist during this difficult time," Tim Kluke, president and CEO of the Ottawa Hospital Foundation, said in a news release.

All riders were taken off of the route and transported back to the EY Centre, the foundation said in the release.

Media reports said the cycling course was not closed to other vehicular traffic.

Riders participating in the event had raised a record $2.3 million in support of cancer research at The Ottawa Hospital.

JOE LOFARO/METRO WITH FILES FROM THE CANADIAN PRESS

Take a bow-wow, Mr. Wiggle Waggle

Participants in the 25th annual Iams Wiggle Waggle Walkathon stroll along the Queen Elizabeth Driveway on Sunday. The event raised $220,000 for the Ottawa Humane Society. SEAN MCKIBBON/METRO

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It's never too late to go back to school on 'unfinished business'

Age is just a number. 'I have to get that degree,' says Martti Lahtinen, 71, who starts classes this week at Carleton University

TREVOR GREENWAY
trevor.greenway@metronews.ca

Martti Lahtinen, 71, is heading back to school in pursuit of a master's degree in journalism at Carleton University. TREVOR GREENWAY/METRO

For Martti Lahtinen, it's never too late to go back to school.

The 71-year-old landscaper, log home builder, Zamboni driver and former newspaper editor is set to begin classes at Carleton University this week in pursuit of a master's degree in journalism.

Lahtinen says it's all about taking care of "unfinished business."

"It's a hole in my game," he said.

"My going back to school is a part of solving who the hell I am. I am eight years totally dry as a drunk. It's just something I have got to do."

It's been decades since Lahtinen hit the books. He dropped out of journalism school in his third year at Carleton.

A native of Finland, Lahtinen moved to Canada when he was seven years old and "didn't know a word of English."

He says he snuck in the back door of the Ottawa Citizen and scored a night-shift gig updating the sports scoreboards.

He was moved to copy editor two years later and spent 23 years circling comma splices and ironing out subject-predicate conflicts.

Lahtinen, like many others in the business, fell victim to Internet journalism and took a buyout from the big Ottawa daily in 2009.

But he kept his editing knife sharp and started slicing up the feisty Wakefield weekly, the Low Down to Hull and Back News.

Even during Metro's 20-minute interview, the news junkie — with three newspapers in front of him — began spouting off possible headlines for this article.

"Unfinished business," he said, adding, "Crank that up, it's two words and punchy."

And although Lahtinen has spent almost 30 years in the newspaper business, the thought of going back to school to learn the five W's terrifies him. But he's got the support of his 97-year-old mom, who told him that she "won't die until he graduates."

"So the pressure is on. I have to get that degree," he said, laughing.

Lahtinen wasn't able to get back into Carleton's journalism school and will have to complete a bachelor of sociology/communications by next spring. He hopes he can then slide into the master's journalism program the following fall.

He isn't sure if he will actually use his degree to press big-city mayors on corruption or write Deep Throat-style exposés that can bring down a government.

He says he may just hang it on his wall and continue his retirement — or in his camper when he travels across Canada. He just hopes the school spells his name right.

Back to school

"My going back to school is a part of solving who the hell I am. I am eight years totally dry as a drunk. It's just something I have got to do."

Martti Lahtinen on going back to school to get his university degree

Online

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Action. Arab League appeals for support against ISIS fighters

The head of the Arab League appealed Sunday to its member states to confront "militarily and politically" Islamic State of Iraq and Syria (ISIS) insurgents, an apparent call to arms as the U.S. launched new airstrikes against the group's fighters in Iraq.

Nabil Elaraby's comments come ahead of U.S. President Barack Obama's planned address Wednesday to the American people on his plans to confront ISIS, which now controls a wide swath of territory in Syria and Iraq.

Washington is looking for wide support for its call to take action on ISIS, following domestic criticism it was too overly cautious in dealing with the militant group.

Already, NATO forces have agreed to take on ISIS militants. Support from the Arab League could provide Obama the international coalition he hoped to create to challenge the group.

It wasn't immediately unclear what steps the Arab League would take in supporting action against ISIS. THE ASSOCIATED PRESS

Captive soldiers

Lebanese PM pleads for calm

Lebanon's prime minister pleaded for his countrymen to be calm in a rare televised appeal on Sunday evening, as anger swelled over the continued capture of soldiers and police by militants in Syria.

Tammam Salam's call came after photos emerged showing that militants of the Islamic State of Iraq and Syria (ISIS) had beheaded a second captive Lebanese soldier on Saturday. Militants in Syria, including the ISIS group, are holding around 20 soldiers and police. THE ASSOCIATED PRESS

Floodwaters and landslides devastate Kashmiri villages

Kashmiri men move with their cattle from their flooded neighbourhood in Srinagar, India, Sunday. DAR YASIN/THE ASSOCIATED PRESS

Incessant rains. Worst flooding in more than five decades

Landslides and flash floods triggered by heavy monsoon rains have killed nearly 300 people in large swaths of northern India and Pakistan, officials said Sunday.

Five days of incessant rains in Indian-controlled Kashmir have left at least 120 people dead in the region's worst flooding in more than five decades, submerging hundreds of villages and triggering landslides, officials said. In neighbouring Pakistan, more than 160 people have died and thousands of homes have collapsed, with an official saying the situation was becoming a "national emergency."

Rescuers in both countries were using helicopters and boats to try to reach tens of thousands of people stranded in their homes as floodwaters rose and submerged many villages.

Rescue efforts in Srinagar, the main city in Indian Kashmir, were hampered by fast-moving floodwaters that submerged large parts of the city.

The rains had stopped on Sunday, but officials said the spreading water from the overflowed Jhelum River was moving too fast to allow boats to reach many people stranded in Srinagar for much of the day. By evening, several boats had been deployed to start rescue efforts, said Omar Abdullah, Jammu and Kashmir state's top elected official.

In many of Srinagar's neighbourhoods, the water was about four metres deep, submerging entire houses. Stranded residents left their homes to move in with friends or relatives in safer areas. THE ASSOCIATED PRESS

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Ebola scare at Saint John hotel prompts hours of lockdown

Precaution. Suspected patient recently returned from Ebola-free parts of Africa

Jitters over the Ebola outbreak in West Africa were felt in Canada again on Sunday as officials locked down a hotel in New Brunswick's largest city for several hours because a woman was found ill.

Saint John Regional Police Staff Sgt. Mike King said the woman did not have Ebola, but had recently travelled to Africa, and that initially set off alarm bells.

"In the context of the world environment right now, we needed to ensure that we didn't have that type of environment here," said King on Sunday.

King said officers were called to the Hilton around 11:15 a.m. because the woman needed medical attention. The lockdown was lifted around 5 p.m.

A medical health officer for the region, Dr. Scott Giffin, said although the woman had travelled to Africa, she did not travel to an area affected by Ebola.

"The definition of the area in which you acquire Ebola was not on this person's itinerary," said Giffin, mentioning she had travelled to Cameroon. "There's four countries in Africa that have established an outbreak; this person did not go into those countries."

Giffin wouldn't comment on the woman's condition, only saying she is now in hospital. THE CANADIAN PRESS

Canadian contribution

Ebola lab returns to West Africa

Canada is sending its mobile Ebola laboratory back into action in Sierra Leone.

The Public Health Agency of Canada said that the team had left Saturday to resume running a lab that supports an Ebola treatment centre at Kailahun, in eastern Sierra Leone.

Canada has had a continuous laboratory presence in the West African outbreak zone since June. THE CANADIAN PRESS

A lack-to-school dilemma

An empty teacher's desk is seen at the front of an empty classroom at Magee Secondary School in Vancouver on Friday. Schools will remain empty like this one this week as the ongoing teachers' strike continues into its second week of the new school year. JONATHAN HAYWARD/THE CANADIAN PRESS

Election 2015

NDP to unveil platform early

Tom Mulcair intends to start this fall nailing down some key planks in the NDP's election platform — a full year before the next scheduled federal vote.

The NDP leader says he'll be unveiling "some very concrete" proposals on child care, infrastructure investment, health-care funding and re-instituting a federal minimum wage, among other issues.

The New Democrats have been fighting to reassert themselves as the real alternative to Stephen Harper's ruling Conservatives, a role usurped by the third-place Liberals since Justin Trudeau took the helm 18 months ago.

They're gambling that the benefits of early disclosure — demonstrating how an NDP government would be different than the Harper regime and contrasting their substance with Trudeau's refusal to be nailed down on important policy questions — will outweigh the disadvantages. THE CANADIAN PRESS

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Brockville
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Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

Rabies scare. China culls thousands of dogs

Chinese authorities killed almost 5,000 dogs in one city after blaming five human deaths on rabies, the official Xinhua News Agency reported Sunday.

The city of Baoshan in southwestern Yunnan province killed 4,900 dogs and vaccinated another 100,000 in its anti-rabies campaign, Xinhua said.

The city issued an urgent order calling for authorities to tightly regulate dogs and kill stray ones.

Chinese governments often order such widespread dog culls or ban dog ownership to control the spread of rabies.

That has sparked outcry from some dog owners and animal rights activists who call for sterilizing and vaccinating dogs rather than killing them.

In 2009, authorities in the northern city of Hanzhong reportedly killed about 37,000 dogs after a rabies outbreak, including clubbing some of the animals to death.

THE ASSOCIATED PRESS

Israel

Prostitution for redemption?

Police say they have uncovered a messianic Jewish sect that prostituted women to "save Israel."

Police said officers arrested two men and two women on suspicion of coercing women into having sex with non-Jews and exploiting them sexually by making them addicted to drugs and alcohol. The reasoning behind the plot was "to save the people of Israel and bring redemption nearer."

Police say the four suspects, two men and two women, were part of a messianic sect. An investigation revealed they were brainwashing the women into believing they were helping the Jewish people by having sex with non-Jews while pocketing the money for themselves.

THE ASSOCIATED PRESS

Ukrainian artillery sparks blazes in rebel-held village

Pro-Russian rebels sit in their car with a heavy machine-gun on Sunday in Donetsk, eastern Ukraine. SERGEI GRITS/THE ASSOCIATED PRESS

Violence continues. Two-day-old truce widely ignored in eastern Ukraine

Shelling and other clashes between government forces and Russian-backed separatists threw the ceasefire agreement in eastern Ukraine into deepening peril Sunday, two days after it took hold.

At least two houses hit by artillery fire blazed in the rural village of Spartak, which lies just north of the main rebel-held city of Donetsk and adjacent to the airport.

Civil war

"There is no ceasefire for anyone."

"Khokhol," Ukrainian pro-Russian rebel fighter who gave only his nom de guerre, on continued violence outside the rebel-hold city of Donetsk

A man whose house was struck by a shell said rebels had fired from a spot nearby, and that apparently provoked a retaliatory attack from Ukrainian government troops.

A group of rebel fighters in the village danced and drank Sunday morning in celebration after what they said was a successful assault on a Ukrainian military encampment.

The truce — signed on Friday by Ukraine, Russia and the rebels after five months of fighting that killed at least 2,600 civilians and forced hundreds of thousands from their homes — was shattered late Saturday by shelling on the outskirts of the coastal town of Mariupol. The city council said Sunday that one civilian was killed and a serviceman wounded.

The rebels opened a new front on the coast in what many Ukrainians fear is an attempt to secure a land corridor between Russia and the Crimean Peninsula, which Russia annexed in March. THE ASSOCIATED PRESS

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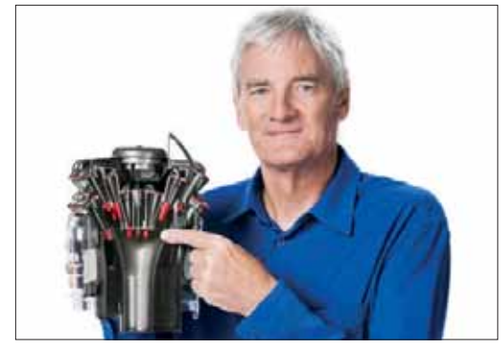

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Missed the boat with Tim Hortons stock? Maybe not

HOW TO ROLL
Alison Griffiths
metronews.ca

OK, so you are boo-hooing into your double-double with a side of Timbits because you didn't grab some Tim Hortons Inc. stock last year. And now, with the impending Burger King Worldwide Inc. merger, it's too late.

Or is it?

A year ago Tim's was a $50 stock and all the fundamentals were in place to see a nice steady growth going forward. But 85 bucks was simply not on analysts' radars. In fact, with increasing competition in the sector, most analysts have been predicting low single-digit growth, if that, for the likes of McDonald's Corp., Krispy Kreme Doughnuts, Inc., and Starbucks Corp.

That was then.

First, a little lingo update is in order. Fast food is out and fast service or quick service is in. Ordering with your bum in a chair likely puts the restaurant in the fast casual category. Standing while ordering denotes fast service fare. Somehow that moniker seems a little less calorie- and sodium-laden than fast food.

What may propel Tim Hortons to loftier stock heights is the rapid encroachment of fast service on fast casual territory. Upscale additions such as higher-quality breads and buns (thanks Panera Bread Co.!) and salads with chi-chi ingredients like cranberries, goat cheese, free-range eggs and pecans are now commonplace.

Fancy fixin's at fast food (oops, fast service) prices, à la Tim Hortons, will attract a new group of munchers who have avoided greasy and quick in the past. And that spells new revenues.

Also, the merger creates the third-largest restaurant chain in the world behind McDonald's and Yum! Brands, Inc. Bigger often means cost savings through economies of scale.

So, there may be some nice upside to Tim Hortons, even this late in the day.

The big negative is Tim Hortons' new bed pal, 3G Capital, which owns Burger King. There's more than a little of the Wall Street wolf, Gordon Gekko, in how this company operates. It won't hesitate to slash dividends, staff or lower the bar on ingredients if it boosts profits. But that kind of management can actually backfire on a stock by damaging the brand.

Shares

Tim Hortons' trades on the Toronto Stock Exchange (TSX) and the New York Stock Exchange (NYSE):

- $33 – March 2006 closing price, first day of trading.
- $27 – November 2008, lowest price.
- $89.22 – Sept. 2, 2014, highest price.

Jeans' appeal wearing thin

Levi Strauss — which invented blue jeans 141 years ago — has created new versions of classic denim to counter what the fashion industry dubs the "athleisure" trend that is hurting the jeans business. The company's Knit Jeans, pictured, are made of stretch cotton knit to look like jeans but feel like sweatpants, and cater to people who more often sport yoga pants, leggings, sweatpants and other athletic wear instead of traditional denim. Sales of the iconic blues fell six per cent during the past year after decades of almost steady growth. The decline is being driven by women, but men's interest in jeans also is fading. COURTESY LEVI STRAUSS/THE ASSOCIATED PRESS

Mobilicity

U.S. backer sues feds for $1.2B

One of the financial backers of wireless startup Mobilicity is suing the federal government, seeking $1.2 billion in damages for breaking assurances that Industry Canada officials allegedly made to prospective investors.

Quadrangle Group claims, among other things, that backers were assured Mobilicity would be able to transfer wireless spectrum to one of the big networks after five years. THE CANADIAN PRESS

TV delivery system

CRTC begins public hearings

The Canadian Radio-television and Telecommunications Commission begins a two-week public hearing in Gatineau, Que., Monday into sweeping proposals that could change how Canadians receive and pay for TV service. THE CANADIAN PRESS

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OTTAWA'S MRT: MEH RAPID TRANSIT

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

If Ottawa isn't exactly buzzing about a study released last week comparing our rapid transit network to those in other big cities, it might have something to do with our lukewarm showing, neither egregious nor exemplary, what you might call MRT (Meh Rapid Transit).

The Pembina Institute paper, Fast Cities: A comparison of rapid transit in major Canadian cities, sizes up Toronto, Calgary, Montreal, Vancouver and Ottawa. The authors define rapid transit not by vehicle type but by service characteristics (short waits, separation from other traffic, all-day routes) so Ottawa's Transitway, Toronto's subway and Calgary's LRT all count.

It's clear we've made less than a standout showing from the report's executive summary, which lists five key findings in the five-city study, but finds nothing to say about Ottawa.

Vancouver's made the biggest investments in rapid transit over the past 20 years, Calgary in the past 10. Toronto has the highest usage, Montreal the best access to transit within walking distance of people's homes. Ottawa? Well, we're that other city in the study, leading the rapid transit pack in no category and generally sticking to the undistinguished middle.

We're in last place when it comes to length of existing rapid transit lines (43 km) and kilometres of express bus lines opened in the past 20 years (zero). More often than not, the Pembina report invites us to join in a stirring chorus of "We're No. 3!"

We finish third in terms of residents living within 1 km of rapid transit (28 per cent), length of rapid transit lines opened in the last 20 years (23 km) and in the last 10 years (9 km).

We take a couple of silvers, coming second for length of rapid transit lines per million residents (49 km, trailing Calgary's 53 km), and rapid transit usage per capita, with Ottawa residents taking 104 trips a year on average, behind Toronto's 133.

Even this last semi-plaudit comes with an asterisk: "However, Ottawa's BRT (Bus Rapid Transit) system has been so successful that it is now running at or over capacity. This is particularly true along the central section through the downtown area, where all of the routes converge. It may have been more appropriate to invest in LRT or other higher-capacity modes earlier, rather than exceeding the system's capacity and having to wait for LRT construction to relieve crowding."

Ottawa's system is the only one of the five that serves fewer than a million residents (883, 391 for the purposes of the study) and so we may be playing slightly out of our league.

And while we hit another middling third for the amount of rapid transit under construction (the 12.5-km Confederation Line), the amount we're spending to lay track on (and tunnel under) those key downtown clicks looks ambitious for our size.

The $2.13-billion LRT price tag ($176 million per km) puts us in second place for new rapid transit projects (funded or under construction) — just ahead of Vancouver's $1.55 billion for their Evergreen SkyTrain line, and way behind Toronto's $14 billion in subway and LRT megaprojects.

Ottawa might be No. 3 (again and again), but it could be argued we're trying harder.

WE ACT:
CANADA DOES GOOD

Rexdale educator inspires youth to give

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Marcella Porretta, educator, motivator and hug-giver, Toronto
What: Encouraging youth to volunteer and get involved in their community.
Why: To help young people find a passion and set them on a positive path.

Marcella Porretta (bottom row, far right) with students from Monsignor Percy Johnson Catholic High School. CONTRIBUTED

It's the start of a new school year, and Toronto educator Marcella Porretta is gearing up for more than just classes.

Whether she's organizing car washes, volunteering with those suffering from drug and alcohol addictions or visiting elderly people with her students, Porretta believes in making a difference in people's lives.

She's the teacher who keeps in touch with students long after graduation, guiding them where and when needed.

What inspired you to get started? I ended up meeting with a former student of mine who was in prison at the time, and we connected. I kind of took him under my wing and he introduced me to Vitanova — a non-profit that works with people suffering from drug and alcohol addictions — and I got involved in helping. Everything took off from there.

Quoted

"It's about helping kids that have nowhere else to go and keeping them busy and inspired, because it keeps them off the streets."

Marcella Porretta, on why she volunteers

What motivates you to continue the work you do every day? I work with troubled youth because I feel like they went on the wrong path for a reason. They don't have that TLC; some don't have family. I now have students who won't even ask me to give them community service hours, because they want to volunteer out of the goodness of their hearts. That's when I go, "Yes!" That's an accomplishment right there. That's what I care about.

CRAIG AND MARC KIELBURGER

MetroTube

Behold, Internet! It's the mighty spider dog

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's easy to laugh at these poor passersby panicking at something as obvious as a delighted condo-sized dog in a spider suit. But the first shot — that reveals what this thing actually looks like when it's scurrying down a darkened tunnel toward you, looking for lunch — inspires a desire to wrap the victims in a warm towel and hold them tightly. (YouTube/SA Wardega)

ISTOCK

Twitter

@metropicks asked: A rights group says that human bodies on display at the Bodies Revealed exhibit may have come from Chinese prisoners of conscience who were executed. Should the exhibit be pulled?

@sulliv16: That is sick & disgusting. Way to go! Desecrating the dead, not cool. Show some respect!

@5chadenfreude: Free trade at its finest; The import/export of prisoner's corpses for profit, but no local authority wants the responsibility.

Agree? Disagree? Join the conversation @metropicks.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in Scene and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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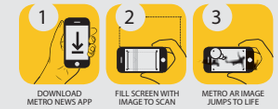

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Ebooks

Now

By. Lauren Bacall

Kindle/iBooks/Kobo

MIND THE APP
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It's hard to imagine the late Lauren Bacall struggling with unemployment, but it's what drove her to write this final memoir. She shares the difficulties of being an outspoken loner, of being guided by Bogart's wisdom, and being lifted by carefully chosen friends. Unfortunately the book's audio doesn't work, so while you get her words, her sultry voice is missing.

Box office

Guardians still top movie in galaxy

Guardians of the Galaxy continues to rule the box office universe. It took first place at the box office for a fourth weekend with $10.2 million, according to studio estimates Sunday. Teenage Mutant Ninja Turtles sliced off second place in its fifth weekend with $6.5 million. If I Stay starring Chloe Grace Moretz took third place in its third weekend with $5.7 million.

THE ASSOCIATED PRESS

Straddling the world of television and film

Ray Donovan. Actor Dash Mihok is keeping busy with his latest TV series — plus some directing and a little bit of film, too

NED EHRBAR
Metro World News in Hollywood

Dash Mihok is being remarkably good about not giving away any details about the last few episodes of the current season of Ray Donovan, even after I've tried plying him with a couple beers.

"You know my show — they can whack me at any time, so I kind of can't talk too much. They won't hesitate to whack somebody, even if you're a family member," he says.

One person on the series we agree is probably safe from any vindictive whacking is Mihok's co-star, Liev Schrieber, who plays the titular Ray. It would be weird if they killed off Ray Donovan on Ray Donovan, after all. Or maybe not.

"They could just start calling it The Donovans or something," Mihok offers. "No, he's safe."

Spoilers aside, Mihok is actually feeling quite talkative. On the series, currently wrapping up its second season and recently renewed for a third, Mihok has gotten plenty of time to explore the tortured soul of Bunchy Donovan, a luxury he attributes to the nature of television.

metro AR Dash Mihok stars in Ray Donovan. Scan your Metro News App to watch a behind-the-scenes video of the Donovan Fite Club.

CONTRIBUTED

"In general, you see all these movie actors moving to TV because it's racier, it's more interesting, and they're enjoying getting to portray these people that are really, really complicated and layered and flawed for more than two hours," he says.

He's not really talking about TV in general, though, but cable.

"Network is network. It's fun here and there, but you don't really get to explore anybody," he says. "No offence to CBS, my parent company, but I don't watch anything on there. There's so much now on streaming and on cable now."

In fact, Mihok is so enamoured by the television world that he's actively getting into the game behind the camera.

"I just directed a pilot and screened it at my agency last week. We're going to sell it," he says.

"It's a really dark comedy, and it could go to places like Amazon or Netflix. It's pretty racy language, but there are all these outlets for that now. We just made it ourselves, and we're going to shop it. You could never do that before."

But Mihok hasn't left movies behind — far from it. With two films wrapped — including Mike Flanagan's Somnia — and another in production, Mihok has feet planted firmly in both the film and television worlds, another luxury he attributes to the more generous cable schedule. And he's still got a few items on his wish list.

"You know what I want to do? I want to shoot a movie in Europe. I've never done that. You'd think that would've happened by now," he says.

"I mean, I'd love to be the lead and work every day, but if I didn't have to, it would be great to have those days off so you can just take day trips to other places that you haven't been.

"It's like, 'Let's just bounce to Morocco for a couple of days,' and it's like going to Florida."

Sheeran guesses he's pretty influential

Humble swagger. Singer-songwriter Ed Sheeran has a quiet confidence that's propelled him to huge success

On pop charts populated by rappers and dance-floor divas, a 23-year-old Brit with an acoustic guitar stands out. Ed Sheeran, whose sophomore album X peaked at the No. 1 position on the Billboard 200 earlier this summer, says he likens his popularity to a niche that needs to be filled.

"I think there is one singer-songwriter for every generation," he says. "I guess I'm just this generation's one."

This statement is characteristic of Sheeran in conversation. There's an element of the grandiosity one needs to become a pop star, but there's also a healthy dose of humility and even a trace of self-doubt. He says the phrase "I guess" about as often as he sings about being drunk. Sheeran's music is also rife with these levels of certainty. "I like a lot of different types of music, and I like trying them out, I guess," he says. "I never want to be a one-trick pony, even if I don't master the other crafts."

His live act includes experimental elements like a series of sampling pedals, and his repertoire runs the gamut from pretty ballads to confessional raps to Springsteen covers.

When asked about this cover, he says, "I was in a hotel room in New York with a friend who is an actor. And he was playing stuff on the speakers and that song came on, and I wasn't familiar with Springsteen. I was kind of familiar with his big hits but I wasn't really familiar with that album, Nebraska. And I just listened to that on repeat. Over and over again that night and I got fully into it the next day."

Ed Sheeran GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sad week for Mark, Justin, and sexy pairs of stars/geckos

STARGAZING
Malene Arpe
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Mark Wahlberg

This week in sadness:

1. No one wants to pay for photos of Ashlee Simpson and Evan Ross's honeymoon.

2. The geckos sent into space by Russia to have gecko sex returned dead.

3. Super-hot couple Ian Somerhalder and Nikki Reed spent almost $1,000 on sex toys after a month of dating.

4. Mark Wahlberg couldn't be bothered to show up to his brother Donnie's wedding to Jenny McCarthy.

Dancing with the Stars pro Karina Smirnoff says she doesn't think former pro Julianne Hough joining the show's judging panel is "ethical." She's equally concerned about Bachelor in Paradise's stand on the socio-economic impact of sloppy ocean sex.

Justin Bieber sprains his wrist. Was he:

A. Wrangling a steer?

B. The victim of a Lego castle collapse?

C. Still distraught over the revelation Hello Kitty is not a cat and repeatedly punching himself in the face while muttering, "Stop crying. Stop crying?"

Kanye West wants to star in an Anchorman-type comedy. Except it won't be funny and will consist of his yelling at a trapped crowd who just wanted to hear his music.

Brad Pitt and Angelina Jolie are spending their honeymoon making a movie about an unhappy marriage. Rumours have it the fictional marriage crumbles when the wife decides to have her children decorate her wedding dress with ugly crayon drawings.

Antonio Banderas

Dutch fling pre-dates split with Melanie

As his divorce battle with Melanie Griffith rages on, Antonio Banderas has reportedly been finding it harder and harder to hide his affections for Dutch banker Nicole Kempel, the woman he was seen frolicking with in St. Tropez last month.

And sources tell Radar Online that the two were already an item before Griffith filed for divorce.

"He is really in love with her. He comes to France to visit her when he can, and they already went for a 10-day vacation together in secret," a source says. "Only her closest family and friends knew. They were hiding everything from everybody because Melanie got a very good divorce lawyer, and I think he was hoping to keep it under wraps until the end of the divorce."

Rock 'n' roll is dead, and Gene says it's our fault

The party's over, everybody. Gene Simmons says rock 'n' roll is dead. Never one for melodramatic statements, the Kiss leader explained to Esquire recently that the system's changed, man. It's changed.

"Rock is finally dead. I am so sad that the next 15-year-old kid in a garage someplace in Saint Paul that plugs into his Marshall and wants to turn it up to 10 will not have anywhere near the same opportunity that I did," he says.

"The death of rock was not a natural death. Rock did not die of old age. It was murdered. And the real culprit is that kid's 15-year-old next-door neighbour, probably a friend of his. Maybe even one of the bandmates he's jamming with."

Say what now?

Gene Simmons

Oh, right. According to Simmons, this whole tragedy is down to the fact that we as consumers aren't doing enough to support decent, hard-working record companies that therefore can't afford to support musicians like they used to.

Shame on us.

Awkward making music instead of babies

Gwen Stefani admits that having husband Gavin Rossdale step in as a mentor during her first season as a judge on The Voice made her feel a little uneasy.

"It was just awkward. We've only collaborated on making babies," Stefani says, according to Fox News, describing skills that probably wouldn't fly during a network prime-time reality singing competition.

The singer was worried that she and Rossdale would clash over musical styles and tastes.

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KYLIE
September 27

ED SHEERAN
September 29

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LIFE 3

Buying away the blues?

Emotional purchases. If you're spending when you're sad or in need of an emotional boost, you have a problem

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Want to stop emotional spending? Stay out of stores and unsubscribe to catalogue mailings. ISTOCK

Ashley loves to complain that she doesn't have any money. Last year she went five months without a job after she was laid off. Her parents helped her out, and she paid them back, but she felt like a child having to ask for help so she wants to make sure she doesn't have to in the future. She's trying to set up an emergency fund but every time Ashley has $1,200 saved up, something mysterious seems to happen: The money disappears.

First there was the stressful week at work. As Ashley walked past her favourite shop on the way to the bank, she popped in to have a look and cheer herself up. She spent $214 on two tops, a scarf and a new little black dress. She was proud since the two tops were 50 per cent off. And she felt great about her new LBD because the other three little black dresses in her wardrobe were "old." Besides, she had the money in the bank.

Next there was the weekend away. "I just needed to get away for a couple of days," Ashley said. "I stayed with friends, so I only had to pay for the train tickets and food. Oh, and I brought my girlfriend this fabulous cookbook I found in a second-hand store — just seven bucks."

Then there was the wedding Ashley had to go to.

"My university roommate is coming to town for this so I have got to look good."

She not only had a spa day, she dropped $370 on a new dress and $200 on a fabulous pair of shoes. In her mind, it was an emergency.

Ashley spends when she's stressed, when she's bored, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue. Ashley is an emotional spender.

Are you one, too?

If you find that you shed dollars when you're in the rough emotionally, it's time to become aware of what's triggering your spending. Hey, everyone enjoys the buzz of a new acquisition. That's your brain chemistry rewarding you for acquiring something new. But if you're letting that buzz drive you to do things that will hurt you in the long run, you've got to squash it like a bug.

- Do you get a rush when you spend money?
- Do you buy things you don't need?
- Have you gone shopping because you just needed to "cheer yourself up" or "get out of the house?"
- Have you bought things you can't really afford? (So you put them on credit and don't pay them off in full at the end of the month.)
- Do you feel buyer's remorse, returning things after you get them home?

The more often you answer 'yes,' the more likely you're an emotional shopper.

Want to squash the emotional spending bug?

Stay out of the stores. If Ashley hadn't gone into her favourite shop, she'd still have the $214 she spent to alleviate her stress. Breathing alleviates stress and it's free. There's also walking, singing, watching a funny video, and dozens of other stress-busters that don't involve spending money you planned to save.

Get rid of the temptation. If you're pummeled with ads or you have an inbox full of "sales" from online stores, you're begging for a bite from your emotional spending bug. No emotional shopper can face that much temptation without giving in. When you're stressed or blue, your resistance is lowered so you're that much more likely to drop some money. Get yourself off those lists. Unsubscribe to catalogue mailings. And don't even open the email offers. Just move 'em to the trash.

Keep track of your spending. Even small indulgences will add up quickly. It is not OK to buy just because it's under 10 bucks or it's a great sale.

If you see something you really like, take a picture with your phone and walk away. If you still want that shirt or that cute hat tomorrow, go back when emotion isn't driving the decision.

While we all succumb to emotional or impulse spending from time to time, when it becomes a regular event, you've gotten into a bad habit. You have to consciously stop allowing your impulsive responses to bridge your emotional gully. Acknowledge how you're feeling and look for ways to make yourself feel better that don't involve messing with your money plans.

Study. Heart disease risk

A seven-year study involving nearly half a million subjects concludes that daily fruit consumption cuts the risk of developing cardiovascular disease (CVD) by 40 per cent.

Participants, said Dr. Huaidong Du from Oxford, U.K., had no history of CVD and were not taking medication for hypertension.

Overall risk of CVD was reduced by 25 to 40 per cent for those who ate fruit daily. Daily fruit consumption was associated with a 3.4 mmHg lower systolic blood pressure and a 4.1 mmHg lower diastolic blood pressure by comparison to fruit abstainers. AFP

Eating fruit lowers blood pressure, according to the study. AFP

Food safety device

Smart chopsticks

Baidu, China's biggest search engine, is investing in developing smart chopsticks that act as a food safety device. Connecting wirelessly to a smartphone or desktop app, when the chopsticks come into contact with an oil or water that is tainted, the app warns that the food is bad. If no toxins or impurities are detected, the app sounds the all-clear. AFP

Body odour. Turn to cotton

A study conducted confirms polyester attracts and captures odour-causing bacteria more than cotton, making polyester clothes smell worse than cotton clothing after exercise.

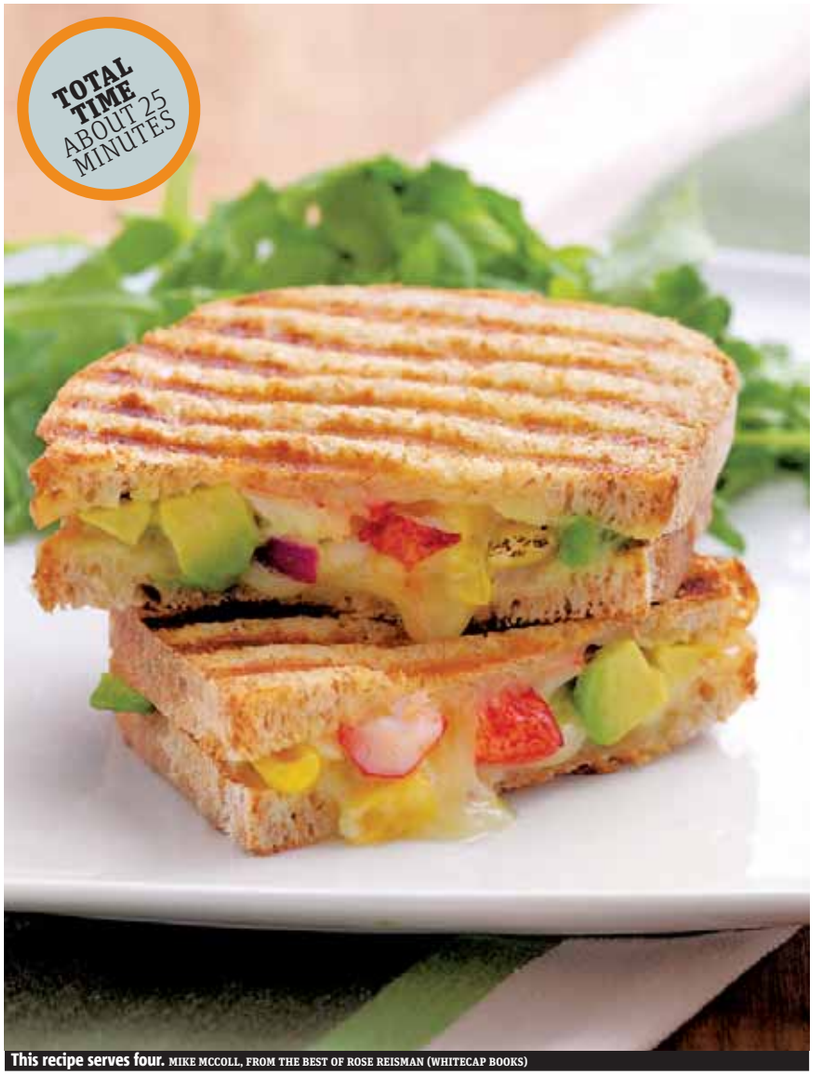
First author Chris Callewaert of Ghent University in Belgium asked 26 athletes to hand in their shirts after an intensive hour-long spinning class. Half of the shirts were cotton and half were polyester.

The culprit is micrococci, according to Callewaert, and these take up residence in polyester in significantly greater quantities than cotton.

Odour-causing corynebacteria are produced in the armpits and Callewaert says they fail to grow on all textiles, even polyester. He cautions against over-using antiperspirant because this can actually encourage their conglomeration on the skin.

Staphylococci inhabit axillary skin and adjacent textiles, although the odour they create is normal and non-malodorous, according to Callewaert. AFP

These grilled sandwiches are a little cheesy, but not processed



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Inspired Lunches Week. Want to pack something more exciting? We got you covered, starting with this Lobster Grilled Cheese Sandwich

Grilled cheese sandwiches have made a major comeback as lunch and dinner choices, but the plain old processed cheese grilled sandwich is now on the back burner!

In the past, these traditional sandwiches were considered standard fare on dinner menus, but more recently they have a new image and are popping up on gourmet menus.

With a wide selection of artisan breads, cheeses, vegetables and proteins added into the mix, the combinations are endless.

This is my version of a seafood grilled cheese sandwich. Lobster is definitely a luxury food item, but today you can find great frozen products in your grocery.

You can always substitute shrimp, crabmeat or surimi (artificial crabmeat).

The avocado, corn and jalapeno are a perfect match with the seafood.

You can prepare the salsa up to two hours in advance. Assemble the sandwich just before serving.

FLASH FOOD
From your fridge to your table in 30 minutes or less

Directions

1. Sauté the corn in a skillet sprayed with vegetable oil for 5 minutes just until lightly charred.

2. Place the charred corn in a bowl along with the diced avocado, minced jalapeno, diced red onion, salt and pepper, lemon juice and olive oil.

3. Place the salsa over 4 slices of crusty bread along with the lobster meat (or your substitute of choice) and Havarti cheese (or other mild cheese of your choice). Place the other bread slices overtop.

4. Brush the reduced-fat mayonnaise over the outside of the bread slices.

5. Grill your Lobster Grilled Cheese Sandwiches for about 5 minutes or just until the bread has browned and the cheese has completely melted.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 cup corn, drained and rinsed
- 1/2 cup diced avocado
- 1 tsp minced jalapeno
- 3 tbsp diced red onion
- Pinch of salt and pepper
- 1 1/2 tbsp lemon juice
- 1 1/2 tsp olive oil
- 8 slices crusty bread (1/2 inch/1 cm thick)
- 6 oz lobster meat, chopped (if frozen and defrosted, squeeze out excess moisture)
- 1 cup grated Havarti cheese (or other mild cheese)
- 2 tbsp reduced-fat mayonnaise

Nutritional information

Per serving (1/2 sandwich)

- **Calories.** 153
- **Carbohydrates.** 15.6 g
- **Fibre.** 3.4 g
- **Protein.** 11 g
- **Total fat.** 4.8 g
- **Saturated fat.** 1.1 g
- **Cholesterol.** 7 mg
- **Sodium.** 484 mg

Build a powerhouse of antioxidants

Ingredients

- 1 small sweet potato, cut into 6 horizontal 1/2-inch thick slices (skin on)
- 1 large red bell pepper, seeded, cored and cut into 6 wedges
- 1 medium zucchini, cut length wise in 3 slices
- 3 horizontal slices of a large onion, 1/2-inch thick
- 3 medium Portobello mushrooms
- 6 large cloves of garlic, skin on, wrapped in foil

Dressing

- 5 tsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp liquid honey
- 1/8 tsp salt
- 1/8 tsp ground black pepper

Garnish

- 1/4 cup chopped fresh basil or parsley

1. Preheat oven to 425 F. Spray a baking sheet with vegetable spray.

2. Place the sweet potato, red pepper, zucchini, onion, mushroom and garlic on the prepared baking sheet, and spray with vegetable spray. Bake until the vegetables are lightly charred, about 25 to 30 minutes, turning once during cooking, after about 20 minutes. Gently peel the skin from the garlic.

3. To make the dressing, in a small bowl, whisk together the oil, vinegar, honey, salt and pepper.

4. Slice the zucchini, onion slices and mushrooms in half to make 6 pieces. To make the towers, place the sweet potato on the bottom, then add the red pepper, zucchini, onion and mushrooms, and top with garlic cloves. Garnish with basil and drizzle the dressing over it.

SECRETS FOR PERMANENT WEIGHT LOSS (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves six. MARK SHAPIRO

For the sake of your new roomie get acquainted with a broomie

A messy dorm room survival guide. Do you really want to go down in campus history as the guy who used a pizza box as a pillow?

LAKSHMI GANDHI
Metro World News

If you were to ask the average person to close his or her eyes and picture a stereotypical college dorm room, the words "neat and organized" probably aren't the first things that come to mind. But given that many incoming college students are going to be living with roommates for the next four years, a conversation about cleaning is in order.

"The first thing you have to accept is that you can't control other people's behaviour," says Jolie Kerr, the author of My Boyfriend Barfed in My Handbag — And Other Things You Can't Ask Martha. She shares these tips on how to share a living space.

Be the person you want to live with

"Set an example," says Kerr, noting that picking up after yourself should be part of your daily routine. "You come from a better position if you're walking the walk." It's also important to remember that not everyone has the same definition of the words "clean" or "messy." Some people simply don't mind having a pile of clothes on the floor.

Focus on the mess

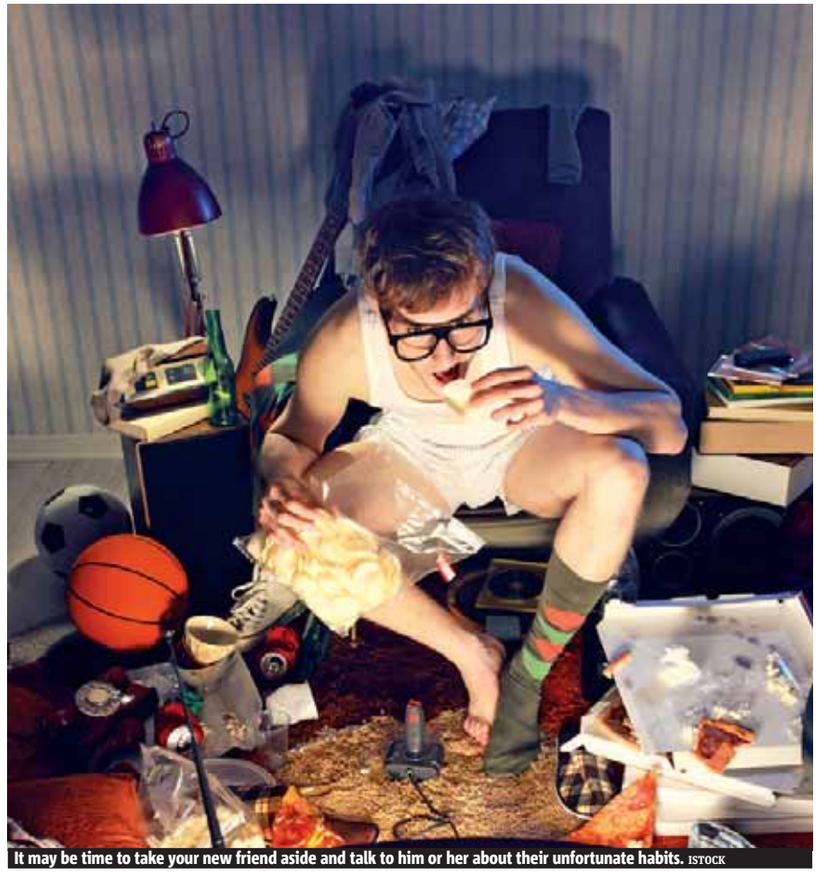
"Try not to make it personal," says Kerr. "If you have a roommate who leaves food around, it's important to say, 'That bowl of half-eaten cereal is gross' — not 'You are gross.'"

Make your bed every day

"Dorm rooms are so small, so it's especially important to make the bed," Kerr notes. A good way to get into a bed-making routine is to do it at the same time every day. "It could be right after you get up or right after you shower," she suggests.

Set aside a few minutes a day to get organized

With schoolwork, exams and part-time jobs thrown into the mix, making time to clean can be difficult. "Just take 15 minutes to pick up after yourself," says Kerr. "Before I sat down to study, I needed to tidy my space."



It may be time to take your new friend aside and talk to him or her about their unfortunate habits. ISTOCK

Know when to go up the chain

It's important to talk to your roommate directly before involving your resident adviser or formally requesting a room change. Kerr says that if things continue even after mentioning it twice, it's time to take sterner action.

"If your roommate is doing things like leaving food around or leaving used condoms on the floor, go to the RA and say, 'I've spoken to Joe or Jane and nothing has changed.' Having used condoms in the room is unacceptable."

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Forget nature

Study says belief can nurture genius

Researchers from Michigan State University say being told that achievement comes from hard work rather than genetics provokes instant changes in brain patterns and could inspire greater effort on the part of those who wish for success.

"Giving people messages that encourage learning and motivation may promote more efficient performance," says Hans Schroder, a third-year doctoral student in clinical psychology whose work is funded by the National Science Foundation. "In contrast, telling people that intelligence is genetically fixed may inadvertently hamper learning."

Past studies have pointed to the importance of positive reinforcement, although Schroder's may be the first to provide physiological evidence that believing one is not limited by genetics could increase confidence, effort and perhaps even success.

AFP

I've been weeping at the watercooler

Dear Metro,

I have an embarrassing tendency of crying at work. I can't help it! It's not even that I'm sad, I just lose control of my tear ducts at the first sign of stress. I'm worried my colleagues think I'm oversensitive, or that I'm gaining a reputation as a crybaby. Any advice on how to get my blubbering under control?

- Wah Wah Wah

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Work pals aren't always going to be able spare a second to soothe you. It's important to find ways to wash out your woes without creating puddles on your co-workers' keyboards. ISTOCK

Dear WWW,

Workplace tears are tricky. While crying is a normal response to difficult situations, public breakdowns, particularly in a professional setting, are rarely not embarrassing.

And if they're happening on a regular basis, you may be trapped in a vicious cry-cycle: stress makes you cry, crying makes you stressed, and stressing over crying makes you cry even more. But there are ways to snap the loop.

What kind of tears are we talking about? Silent drippers can potentially fall unnoticed with the help of some interventions: Take deep breaths and keep a water bottle on hand in high-pressure meetings — a sip will help wash away that lump in your throat. And remember: you might feel like you're teetering on the brink of a full-puddle meltdown, but if it's just a few quiet drops, your coworkers probably won't notice.

For outbursts of the more histrionic variety, consider addressing the issue directly. This could mean finding a quiet spot (an empty bathroom, a park down the road) and letting yourself weep out the tension.

Or it could mean explaining to your colleagues and superiors, in a moment when your ducts are plugged, that your outward displays of emotion don't necessarily reflect your level of inward turmoil.

In any case, it's key to question the root cause of your faulty plumbing. If small worries are prompting big reactions, there's likely an underlying source of anxiety — be it personal or professional. Tackling your deeper triggers won't be easy, but it could help your day-to-day run dryer.

Finally, don't be too hard on yourself — you're certainly not a pioneer when it comes to office waterworks.

In fact, there may be benefits to your on-the-job sobs: within reason, shows of feeling could bring you closer to your colleagues. We all want our work-selves to be our most polished selves — but emotion should not be dismissed as a sign of weakness.

It's more just a sign that you're human.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Dilemma at your desk?

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That makes No. 18

Serena Williams celebrates with the championship trophy after defeating Caroline Wozniacki in the women's singles final of the U.S. Open on Sunday in New York. Williams won 6-3, 6-3. It was Williams' third consecutive U.S. Open title and 18th major title overall, equalling Chris Evert and Martina Navratilova for the fourth-most in history. Scan the image with the Metro News app for more from the women's final and the U.S. Open over the weekend.

MATTHEW STOCKMAN/GETTY IMAGES

Horschel stays cool to win at the BMW

Well set up. Winner at Cherry Hills now sits at a comfortable second for the Fedex Cup title

The bad swing a week ago is a distant memory. The blown lead Sunday? That wasn't enough to derail Billy Horschel, either.

Horschel let a three-shot lead drop to nothing early in the final round of the BMW Championship before rebounding for a two-stroke victory over Bubba Watson.

Horschel shot a 1-under 69 and finished at 14-under 266 to put himself in prime position for the FedEx Cup title and its $10-million bonus at the Tour Championship next week.

"If I were a betting man, I'd put some money on me," said Horschel, who made $1.44 million for his second career PGA Tour victory.

Weyburn, Sask.'s Graham DeLaet shot a 2-under 68 and finished in 11th spot.

Horschel heads into the final week of the playoff chase in second place in the points standings thanks to the victory and his tie for second a week ago, when he chunked a 6-iron well short on the final hole at TPC Boston, squandering a chance to win or force extra holes with playoff leader Chris Kirk.

This time, nursing a two-shot lead, the 27-year-old from Grant, Fla., smoothed a 9-iron into the middle of the 18th green and the only drama was whether he'd have time for a quick pit stop before he had to putt. Horschel sprinted up the fairway, ducked under the ropes and was back in plenty of time to two-putt and close out the victory.

THE ASSOCIATED PRESS

Web.com Tour

Canada's Adam Hadwin won the Chiquita Classic on Sunday to jump from fourth to second on the money list after the second of four events in the Web.com Tour Finals. The 26-year-old closed with a 4-under 68 for a two-stroke victory over John Peterson.

MLB

Bautista, Dickey keep Jays afloat

Jose Bautista hit a three-run homer and R.A. Dickey pitched into the eighth inning, carrying the Toronto Blue Jays to a much-needed 3-1 win over the Boston Red Sox on Sunday.

The Blue Jays had dropped the first two games of the series after five consecutive wins. They were six games behind Seattle for the AL's second wild card coming into the day.

THE CANADIAN PRESS

CFL

Rodgers' return leads Als to win

James Rodgers' 82-yard punt return TD helped rally the Montreal Alouettes to a 38-31 win over the Hamilton Tiger-Cats at Percival Molson Stadium on Sunday afternoon.

Rodgers' return broke a 24-24 tie as Montreal (3-7) earned its second straight win to move into a tie with idle Toronto atop the East Division. THE CANADIAN PRESS

NFL

Miami Dolphins bulldoze Patriots

Knowshon Moreno rushed for 134 yards and a big fourth-quarter touchdown, Ryan Tannehill threw for two scores and the Dolphins dominated New England after halftime in a 33-20 win on Sunday. The Dolphins outscored New England 23-0 and outgained the Patriots 222-67 in the second half, and that stat includes 37 meaningless yards on the game's final drive. THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No one person is to blame for the predicament you are in, it's just one of those things. Don't look for people to criticize. Besides, the problem can easily be solved. Think logically.

♉ Taurus
April 21 - May 21
According to the planets, for the next 24 hours, you will be in tune with the spirit of the age. Don't be surprised if strangers approach you and treat you as if you are someone special.

♊ Gemini
May 22 - June 21
You have friends in high places and you must make better use of them. There is no reason you should miss out on good things because you think it is wrong to give yourself an advantage.

♋ Cancer
June 22 - July 23
A problem that has been annoying you for weeks, maybe even months, can easily be resolved, provided you are willing to listen to advice.

♌ Leo
July 24 - Aug. 23
You may be shocked by what you see or hear over the next 24 hours but you're advised to mind your business. Yes, it seems wrong, but there are other ways of looking at it.

♍ Virgo
Aug. 24 - Sept. 23
The more you give of yourself, the more you will get in return. It can be done — and must be done if you hope to prosper.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to people who say you should do something one way when instinct tells you that it should be done another way. Trust your inner voice.

♏ Scorpio
Oct. 24 - Nov. 22
A secret admirer will be secret no longer. If your feelings are as strong as their feelings for you this will be a marvelous week. If not, find a way to put them off without being brutal.

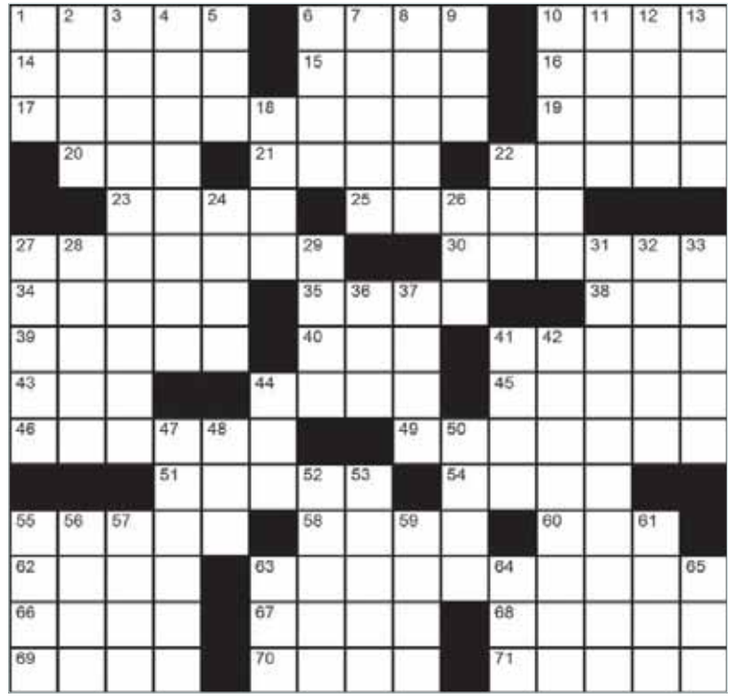
♐ Sagittarius
Nov. 23 - Dec. 21
Your working routine will be disrupted during the early part of the week but you won't be too worried. There is so much going on in your life that you could probably do with a rest.

♑ Capricorn
Dec. 22 - Jan. 20
Try not to be so intense over the next 24 hours. You should know by now you get just as much done with a smile on your face as with a scowl.

♒ Aquarius
Jan. 21 - Feb. 19
It seems you've overestimated the return you'll get from an investment and, of course, you are disappointed. But it's not the end of the world and it may work in your favour.

♓ Pisces
Feb. 20 - March 20
You won't have to go looking for action today — it will find you. You may wonder what you have done to suddenly be the focus of so much attention.

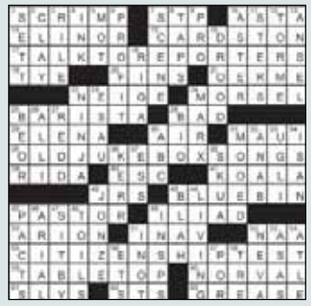
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Entire extent
6. Couch
10. Criticize
14. Bungling
15. Caesar's 902
16. Ms. Tequila
17. Jedi's weapon
19. "__ Louise!"
20. Actor, Hakeem __-Kazim
21. Under-Shift key
22. Cheesy critter
23. Filmdom's Rooney
25. Jasper National Park: Mount __ Cavell
27. "Peace Train" by Cat __
30. Toronto punk band, __ Bats
34. Actress Erin
35. Foot part
38. Seafarer's 'sure'
39. Slant
40. "Go!!!"
41. Like shoe bottoms
43. Alkali
44. Mariah Carey's nickname
45. Kim K. sister
46. Ali of "Legends"
49. Jenny McCarthy and Melissa McCarthy
51. Canadian chanteuse, Julie __
54. Young deer
55. Belonging to Beyonce's hubby
58. "The Wire" band
60. Conductor, __-Pekka Salonen
62. International oil gr.
63. Purchaser of Tim Hortons, as in recent business headlines: 2 wds.
66. Regarding: 2 wds.
67. ___ extra cost
68. Kellie Martin's role on early-'90s series "Life Goes On"
69. The Spinners' "Could It __ Falling in Love": 2 wds.
70. "Yoo-hoo..."
71. Tattooed

Down
1. Sudbury-born country singer Mr. Grand
2. Name for Canada's series of satellites
3. __-__ (The deal at #63-Across)
4. Lasting close to a decade starting in 1755, Acadians being deported from the Maritimes, The Great __
5. Between R-and-Y keyboard letter x 3
6. Flee
7. Dark-to-lighter highlights
8. Tim Hortons __ (New Hamilton stadium)
9. Televise
10. Fort __. __ (Northeastern BC city)
11. Stead
12. Pub orders
13. Labyrinth
18. Skim
22. Kingston Trio hit
24. Ms. Russo
26. German 'I'
27. Wee
28. Skating's Ms. Harding
29. Draped dress
31. Say you won't be at work: 3 wds.
32. Keep your __ __ the prize
33. Advises, archaically
36. Bash
37. Stylish
41. Gull-like bird
42. Southwestern Ontario village famous for its sprint car racing Speedway
44. "__. Miniver" (1942)
47. _ _ _.__ (Showbiz/gossip news website)
48. Lou Grant portrayer ...his initials-sharers
50. Britney Spears' "Piece __": 2 wds.
52. Closes
53. Nets
55. Absalom's killer
56. Church part
57. Abominable snowman
59. Jazz classic: "_ __ Rhythm"
61. 'Assist' suffix (Help)
63. Bread roll type
64. MLB statistic
65. Meander

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	5	7	1	4	6	2	3	9
4	3	9	7	2	8	5	1	6
6	2	1	3	5	9	4	8	7
1	4	6	9	3	2	8	7	5
3	8	2	5	6	7	1	9	4
7	9	5	4	8	1	6	2	3
5	1	3	8	9	4	7	6	2
2	7	4	6	1	3	9	5	8
9	6	8	2	7	5	3	4	1

			2					
3				5	4		7	
	5	7		1		9	8	4
	8					2	6	
			1		8			
	6	1					5	
8	2	6		3		5	4	
	9		4	8				3
					9			

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